

NORTH SHORE WINTER CLUB

Winter 2019 Program Guide



WINTER REGISTRATION

Members November 13 @ 10am

Non Members November 27 @ 10am

Sign up at www.nswc.ca or nsw.gametime.net



NORTH SHORE
WINTER CLUB

HOLIDAY HOURS

DECEMBER 24TH
DECEMBER 25TH
DECEMBER 26TH
DECEMBER 31ST
JANUARY 1ST

6:00AM – 12:00PM
CLOSED
CLOSED
6:00AM – 2:00PM
CLOSED

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2018/19 Board Members

EXECUTIVE

JAY FREZELL - PRESIDENT

JAMES CRONK - VICE PRESIDENT

CAULINDA BARTOK - TREASURER

MANDY GRATTON - SECRETARY

DIRECTORS

DOUG BELL

CHRIS BENSON

MICHAEL KORBIN

MALCOLM MACKILLOP

GRAHAM WILSON

board@nswc.ca

Senior Management Team



JOANNA HAYES
General Manager
jhayes@nswc.ca



RUSSELL RITCHIE
Controller
rritchie@nswc.ca



KRISTEEN DEGOBBI
Director of Member
Accounts & Employee
Relations
kdegobbi@nswc.ca



CHRISTY EVANS
Food & Beverage
Manager
cevens@nswc.ca



WESLEY DENNIS
Executive Chef
wdennis@nswc.ca



GARTH PROUSE
Director of Fitness
gprouse@nswc.ca



KIM HIRJI
Recreation
& Executive
Coordinator
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AARON WILBUR
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awilbur@nswc.ca



BOB MCCUAIG
Manager Hockey
Admin
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FABIO WALKER
Director of Tennis
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BARB HUFSMITH
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Manager
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STEFKA DROUMIEVA
Senior Accountant
sdroumeva@nswc.ca



MAIRI MACDONALD
Sales & Marketing
Coordinator
mmacdonald@nswc.ca

604 - 985 - 4135
NORTH SHORE WINTER CLUB
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

Program Registration



**Member Services
Manager**
Barb Hufsmith
bhufsmith@nswc.ca

**MEMBER SERVICES
HOURS OF OPERATION**
Monday - Sunday: 6am - 10pm

Program Registration Information

Member Registration opens at
10:00am on November 13th 2018

Non Member Registration opens at
10:00am on November 27th 2018.

There are three ways to register for programs:

1. Online registration at www.nswc.ca
 2. Phone registration: **604 - 985 - 4135 ext 0**
 3. In person registration at Member Services.
- All programs will have a minimum and maximum enrollment.
 - A waiting list will be formed after a particular program is filled.
 - No credits or pro - rating will be provided for missed sessions.

PAYMENT

- Payment must be made in full at the time of registration
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

CANCELLATION POLICY

Cancellation requests need to be in writing.

Please email cancellations@nswc.ca and include the following:

- The name of the participant
- The name of the program
- The start date & time of the program

REFUNDS AS FOLLOWS:

- 100% refund: up to 72 hours before program start time
- 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time
- No Refund: more than 48 hours after program start time
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

Fitness Registration Information

Go to mindbodyonline.com to view Fitness Class schedule and pre - sign up for classes up to 30 days in advance.

FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to mindbodyonline.com to view Fitness Class schedule, pricing and register for classes up to 30 days in advance.
2. Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit www.gametime.net for details.

LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)

SKATE SHARPENING AVAILABLE

Drop off and pick up your skates at Member Services

- 24 hour turnaround to have your skates sharpened
- Single, 5 pack or 10 pack available

GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness class, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

Follow us for info, updates and more!



facebook.com/myNSWC



Instagram.com/myNSWC



twitter.com/myNSWC

General Club Information

Communication Email Weekly Eblast

Are you getting our weekly Wednesday e - Newsletter "Let's Get Connected - The NSWC Connection"? If not, then you're not hearing about all the great new things that are upcoming. Contact Mairi at mmacdonald@nswc.ca to have your name added to our list.

Clubhouse Rules Junior Members - R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.
2. Pre - school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.
3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.
4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).
5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.
6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

Guest Rules - R21

1. Adult Members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, Guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
2. Adult Members may introduce Guests to participate in certain activities of the Club upon payment of a Guest charge. The activities for which a charge is levied are as follows:
 - a) *Swimming*
 - b) *General Skating or Ice Hockey*
 - c) *Tennis, Squash, Racquetball*
 - d) *Sauna, Steam, Whirlpool*
 - e) *Fitness Centre*
3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.
4. Junior Members are permitted a maximum of two social Guests at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior of their Guests in the Club.
5. All Rules applying to Members will apply to Guests.
6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.
7. Guest privileges are available on a weekly basis for out - of - town visitors (available through Member Services). There are per person or per Family rates per week up to a maximum period of eight weeks in any year. Guest cards must be shown when using the Club.
8. The names of all Guests must be entered in the Guest Register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their Member sponsor who is responsible for their deportment while in the Club. Guests not signed in may lose Guest privileges indefinitely.

9. Each Member is allowed a maximum of four participating Guests per month, none of whom may be introduced more frequently than twice per month in total - to clarify, no Non - Member individual may be granted Guest Privileges more than two times in any given 30 day period, whether by a single Member or multiple Members. In cases where a Guest has not been registered or a Guest Fee paid, there will be an unregistered guest charge of \$50.00 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
10. Guests of a Member will not be permitted to find another Member to sign for him/her to prolong the visit. The Guest has to leave at the same time as the Member who initially accompanied him/her.
11. Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.
12. Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

Facility Rentals - R59

1. Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.
2. Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non - Member rental rates would prevail.
3. Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching Staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

For facility rentals, room bookings and catering inquiries, please contact booking@nswc.ca.

Guests visiting the North Shore Winter Club

Welcome to the North Shore Winter Club!

As a visiting guest to our Club, we want you to enjoy your experience during your visit. You have been granted temporary access to the privileges of our Club for playing and spectating purposes. We have plenty of amenities to make your visit enjoyable. The NSWC is a Private Members Club, and the members of this Club have carefully drafted Rules & Regulations that govern the club, for the benefit and the safety of its members, and to protect the privileges that membership brings. We hope that this information will help you and your team during your visit.

We have plenty of underground and street parking at our Club for our guests. The upper parking lot is reserved for member parking only; all vehicles must display a member decal. Once parked on the street or in our underground guest parking, individuals and teams may access the Club through the front entrance doors, and we require that all guests sign in at the front desk. The ice, hockey dressing room, tennis and pool schedule is posted just inside the lobby. If you need any assistance, our front desk staff will be happy to direct you.

We ask all teams, members and guests, to ensure that the hockey dressing room is left in the same condition as it was before the game. In the unfortunate event of abuse or damage to the dressing room or Club property, the team's coach and manager will be held liable for any repair costs.

Teams may warm - up in the Hockey Training Centre (HTC) or outdoors. Visitors/Guests are not permitted to warm - up in hallways or in the Members Only Fitness areas.

As with most Private Clubs, the NSWC does have designated areas that are restricted to members only, and in some cases, Adults Only. We ask that you please respect these limitations. Areas that are accessible to visiting guests for games/matches/events/swim meets include: Café, Bar/Lounge, Tiki Deck, Lower Indoor Arena Viewing gallery, Rink Arena Viewing area, HTC Viewing Lounge, Tennis Viewing areas, Pool Viewing & Child Minding.

Please note the Upper Viewing gallery is designated for Members Only. Guests are not permitted to use the Upper Viewing gallery unless accompanied by an Adult Member.

The following areas permit the consumption of alcohol: Bar/Lounge, Café, Jim Graham Room, Lower Viewing gallery, HTC Viewing Lounge, & Tiki Deck. Visitors/Guests are permitted to dine in the Café, Bar/Lounge and Tiki Deck, as well as purchase items to go to viewing areas. Liquor, for visitors/guests who are 19 years of age and older, may not be consumed or carried through areas that are not under the license. If in doubt, our staff will be more than happy to assist you.

Welcome again, and if you have any questions at anytime before or during your visit please contact the front desk staff at 604 - 985 - 4135.

Sincerely,

Joanna Hayes | NSWC General Manager
jhayes@nswc.ca

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 TNT Hockey Tournament	3	4 Friday Fun Night	5
6 TNT	7	8	9	10	11 Friday Fun Night	12
13	14	15	16 Grand Slam Australian Open Tennis Women	17 Grand Slam Australian Open Tennis Men	18 Friday Fun Night	19
20	21	22	23 Club Championships Singles	24	25 Robbie Burns Day Friday Fun Night	26
27	28	29	30	31		

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Friday Fun Night All Star Hockey Games	2
3 Superbowl Party	4	5	6 Club Championships Doubles	7	8 Friday Fun Night	9
10	11	12	13	14 Valentines Dinner	15	16
17	18	19	20 Club Championships Mixed Doubles	21	22 Friday Fun Night	23 Winter Bash Tennis
24	25	26	27	28		

MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Friday Fun Night	2
3	4	5	6	7	8 Friday Fun Night	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Spring Break					
24	25	26	27	28	29	30
31						

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 Friday Fun Night	6
7	8	9 Midget Hockey Banquet	10 Female Hockey Banquet	11 Atom Hockey Banquet	12 Friday Fun Night	13
14	15 Peewee Hockey Banquet	16 Bantam Hockey Banquet	17 Initiation Hockey Banquet Easter Egg Hunt	18	19 Good Friday	20
21 Easter Sunday	22	23	24	25	26 Friday Fun Night	27
28	29	30				

Member Moments

Marlins Swim Team Spirit



In 2014, five year old Samantha Hamilton attended her first swim meet, the NSWC Development Meet, as a part of the Vancouver Vikings Swim Club. Samantha was very nervous to get in the pool so a group of Marlins parents generously offered up one of their seniors, Laine Tadey, to swim with Sam. Laine was amazing and this experience stuck with the Hamilton family for the following couple years. They were so impressed by the Marlins coaches, swimmers, and parents that they decided to join the Club in 2017!

This story embodies what the Marlins Swim Team is all about... family spirit! Year after year, older Marlins mentor younger swimmers. This summer, Jaxson Ruthven and JJ Maros helped the Hamilton twins, Nick and Ben, in their races. The concept of these older kids helping out the younger swimmers is what makes the Marlins feel like a family. Looking forward to next Marlins season already!

- Katherine Hamilton



Today, the Hamilton's are a very involved family with three busy Marlins swimmers/Winterhawk hockey players. Samantha is now ten years old and her twin brothers, Nicholas and Benjamin, are five years old. Coach Laine Tadey is also still involved at the Club and was the Junior Group Lead Coach this past season. The Hamilton's hope that one day, Samantha will be the senior helping a little girl or boy at their first meet.



TNT Jan 2 - 6, 2019



We are entering our 23rd year of hosting the TNT (Tyke n Novice) Tournament! While puck drop is still a ways away, preparation has been underway for months! We are hopeful we can beat last year's registration number of 64 teams. Stay tuned to find out if we reach a new record number of teams!

The goal of TNT is to provide a fun and exciting atmosphere for the next generation of young hockey players, year after year. All funds raised are directed back to our youngest players to enhance their individual and team development. In the past, funds have been used to purchase all new goalie gear, practice jerseys, and game jerseys, as well as to provide all our Initiation/Novice players with weekly development sessions.

If you're interested in sponsoring this amazing event, reach out to Emily Allen at eallen@nswc.ca



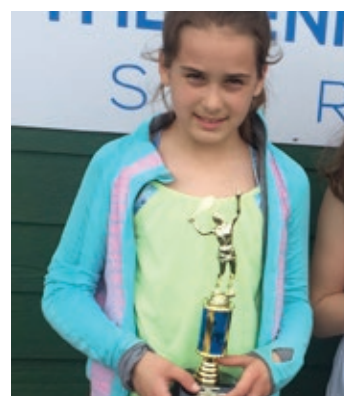
Let the countdown to January 2nd begin!

Junior Tennis

Not one, two, three, or four, but five of the Club's talented junior tennis players were selected to take part in a monthly provincial training camp, designed to bring the best players in British Columbia together to train with Tennis Canada Coaches and represent the province and country at events throughout the season. Congratulations to Charlie Celebrini, Angus Cameron, Bianka Gelo, Camille Berg, and Havana Kadi on this huge achievement! From province wide tryouts, these Members were selected and now form a team of fourteen players in the U10 and U12 categories.

Two of our other young tennis stars, Danny Yassine and Gabby Lindgren, saw their success this summer rewarded with a trip to Bolivia, representing Canada at the Copa Cosat Tournament in Santa Cruz. Danny and Gabby, along with our very coach Nicole McLennan who captained the U12 team, represented the Club and the country against teams from around the world and won the entire tournament.

The NSWC Tennis Pros are so very proud of all our junior members. To see their hard work and dedication to the sport pay off is a joy to see. Well done!



Special Events

FRIDAY FUN NIGHTS

Friday Fun Nights are a weekly tradition at the Club. Bring the entire family down to the Club for bouncy castle fun, various food options, and entertainment for all in the HTC area! Remember to double check the schedule for cancellations on some holidays.

SANTAS BREAKFAST

The NSWC Annual Santa's Breakfast is coming up on Saturday December 8th. Sign up on gametime. One of the most Member attended events of the year, you do not want to miss out!



SANTA'S BREAKFAST

SATURDAY, DECEMBER 8

REGISTER ON GAMETIME





Welcome to Wesley Dennis, our new Executive Chef!

Wesley has years of experience in Executive Chef roles in some of the top restaurants in Vancouver. His vision for the Club is to create a menu that is accommodating to all Members using fresh, seasonal, and house made ingredients. He has already immersed himself in streamlining the systems, ordering, and training processes in the kitchen and working on updating the menu to meet the Members needs.

North Vancouver, born and raised, Wesley enjoys spending time with his 6 year old son Jack, 4 year old daughter, Remi and wife Melena.

In his own words, Wesley's vision is simple. I will be bringing the restaurant to the club so you don't have to leave the club to go to a restaurant!



Mulled Wine

FEATURE RECIPE

Homemade mulled wine is incredibly easy to make on the stovetop (or simmer in the slow cooker), it's easy to customize with your favorite spices and add - ins, and it is SO cozy and delicious. Perfect for winter and holiday entertaining!

TOTAL TIME: 20 MINS
PREP TIME: 5 MINS
COOK TIME: 15 MINS

INGREDIENTS

- 1 (750 ml) bottle of dry red wine
- 1 orange, sliced into rounds
- 8 whole cloves
- 2 cinnamon sticks
- 2 star anise
- 2 - 4 tablespoons sugar, honey, or maple syrup to taste (*or your desired sweetener*)
- optional add - in: 1/4 cup brandy (*or your favorite liqueur*)
- optional garnishes: citrus slices (orange, lemon and/or lime), extra cinnamon sticks, extra star anise

DIRECTIONS

1. Combine all ingredients in a saucepan, and heat just barely to a simmer over medium - high heat. (Be careful not to boil the mulled wine — you don't want to boil off the alcohol.) Reduce heat to medium - low, cover, and let the wine simmer for at least 15 minutes or up to 3 hours.
2. Strain, and serve warm with your desired garnishes.

**Feel free to use your choice of sweetener here, or leave the mulled wine un - sweetened.*

***You can also place the oranges, cloves, cinnamon, and star anise in a cheesecloth. Then simply strain and pull out the bundle when ready to serve.*

Food & Beverage

The North Shore Winter Club offers several dining options to please those that need quick nutrition after their practice or workout, or those that want to enjoy some time socializing with snacks and beverages.

Café

The North Shore Winter Club Café fits delicious and nutritious meals into your busy schedule. Stop by for a variety of snacks, healthy salads and sandwiches, or rice and noodle bowls.

HOURS OF OPERATION

Monday	7:00am - 9:00pm
Tuesday	7:00am - 9:00pm
Wednesday	7:00am - 9:00pm
Thursday	7:00am - 9:00pm
Friday	7:00am - 9:00pm
Saturday	8:00am - 9:00pm
Sunday	8:00am - 9:00pm

**Hours are subject to change.*

Lounge

The Lounge is a perfect location to meet friends for dinner, catch up with a colleague over a drink, or watch the game on our large screen TVs. Whatever the reason, treat yourself to great food and beverage selections.

HOURS OF OPERATION

Monday	3:00pm - 1:00am
Tuesday	3:00pm - 1:00am
Wednesday	3:00pm - 1:00am
Thursday	3:00pm - 1:00am
Friday	11:30am - 1:00am
Saturday	11:30am - 1:00am
Sunday	11:30am - 12:00am

**Hours are subject to change.*

Tiki Deck

In the summer months, the Tiki Deck is located on our patio overlooking the pool and is a great place to relax after a busy day as the sun sets over the North Shore Mountains. The full Lounge menu is available to order.

Catering

The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 220 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The social lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre-dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

For more information and to book your event, contact cevans@nswc.ca

Members booking catering events will receive 15% off their food and liquor bill by billing to your NSWC account.

CHEF'S FEATURE RECIPE

Pumpkin Gingerbread Cake

With Molasses Cream Cheese Glaze



INGREDIENTS

• Best Brown Sugar	265g
• Oil	225g
• Fancy Molasses	100g
• Whole Eggs	3
• Pumpkin Puree	500g
• Vanilla	10ml
• All Purpose Flour	390g
• Ground Ginger	5g
• Cinnamon	5g
• Nutmeg	2g
• Baking Powder	10g
• Baking Soda	2g
• Salt	2g
• Crystallized Ginger, chopped	60g

DIRECTIONS

1. Combine brown sugar, oil, molasses and eggs. Beat until thickened.
2. Add pumpkin puree and vanilla, mix well.
3. Stir together flour, ginger, cinnamon, nutmeg, baking powder, baking soda and salt.
4. Add to pumpkin mixture and mix well. Stir in chopped crystallized ginger.
5. Pour batter into a bundt pan.
6. Bake at 350* for 45 minutes

GLAZE

• Cream Cheese	250g
• Fancy Molasses	20g
• Icing Sugar	100g
• Water	10ml

Combine all ingredients and beat until smooth.
Drizzle over cooled cake.

6 HEALTHY THINGS *You can put in a Smoothie*



We shouldn't have to sacrifice certain aspects of our life to eat healthy and get the rest we require to be a functioning member of society. You have a right to be healthy, even if you do have 5 different rinks to drive to next weekend.

Look, I'm a total hypocrite when it comes to healthy nutrition choices because I always forget to eat. I work at home for half of every day until the precise moment I have to drive to the rink, and for a long time this meant I wasn't fueling the ol' writer/coaching machine to the extent it required for a productive afternoon on the ice.

But then I discovered the joys of blending. Did you know you can throw anything you want into a blender and it will grind it up into a fine fluid you can pump straight into your body? Amazing, right? The product of this is all the athletes you see running around the rink holding shaker cups. Teenage hockey players might not remember their middle names let alone possess the brainpower to keep themselves fed properly during a week of practices, games and off - ice activities.

So shove a smoothie in their hands and send them out the door. It will work for mom and dad as well. Simply grind up your lunch in a container and take it with you. Here's a few ideas to get you started.

Frozen Berries

A great source of natural carbohydrates, your body can put the glucose present in berries to work right away. Berries are also an excellent source of antioxidants, particularly blueberries, and they also taste great, so you can mask other terrible things, such as:

Kale

I don't use (use? Is eat more accurate? I'm not sure) kale very often, but kale is considered one of the healthiest foods you can eat, apparently. It might taste like garnish on its own, but kale helps your body de - toxify and lower cholesterol. Shove a few leaves in your smoothie and if anything you'll simply be able to act smug about it when you do crossfit later on.

Cauliflower

Terrible on its own, but for some magical reason cauliflower can be added to smoothies (and pasta dishes) and taste just fine. Well, taste like nothing, but that's the point. The cruciferous cauliflower is currently fighting through a price and identity crisis, so perhaps the parents of North Vancouver can help stabilize the market.

Spinach

This is a must for me because I like humming the Popeye The Sailor Song. It's true what they say about spinach - it's gross but it works. Spinach is rich in nutrients such as vitamin C.

Almond or Soy Milk

Rather than lubricating your smoothie with boring water or milk, try almond milk. It comes in different flavours, such as vanilla or chocolate, so you can further mask the taste of the plastic leaves you've mixed up.

Protein Powder

A scoop of protein powder keeps you satisfied until dinner and it gives your muscles the chance to chuck plates around at the gym. Protein powder comes in a variety of flavours as well, so while it tastes awful on its own or in water, mixed in with the berries it's delicious.

That's a winning recipe, right? You can experiment with different concoctions as you see fit, but packing this many healthy things into one drink is an easy way to inject yourself with health and wellness halfway through each day. And then you won't feel bad about not eating a salad at dinner.

...Alright maybe you still will.

by Kelvin Cech

Dance

WINTER 2019 PROGRAMS

ATTIRE FOR DANCE CLASSES

Tiny Tot, SYTYCD, Stretch: Non - restrictive, and easy to move in clothing. Ballet slippers or bare feet are fine however please, no slippery socks/tights. Tiny Tots are welcome to dress in costumes as long as they do not restrict movement.

Jazz / Hip Hop (Girls + Boys):

Loose and easy to move in clothing of choice, and clean non - marking runners.

DANCE INSTRUCTORS

Bryn Rasmussen

brynasmussen@shaw.ca

Bryn is extremely excited to be in her fifth year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class! Bryn proudly holds her I.S.T.D. (Imperial Society of Teachers of Dancing) certification and looks forward to sharing her love, passion and knowledge of dance with her students!

Please contact Bryn directly for private lessons, solo/duo/trio choreography, special event choreography, dance birthday parties, or any other special dance requests you may have!

Christie Saunders

dancewithchristie@gmail.com

www.dancewithchristie.com

Dance with Christie is run by International professional dancer and instructor Christie Saunders. Christie's has twenty years experience in the dance industry and is a sought after dance instructor. She has taught and choreographed all over the world and is thrilled to be able to offer these select classes in her home town of North Vancouver.

Tiny Tot Dance

'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Instructor: Bryn Rasmussen

Jan 15 - Mar 12 (No session Feb 19)

Tue: 8 sessions | 3:30pm - 4:30pm

Member: \$106 | Non Member: \$128

Juniors (SYTYCD)

'So You Think You Can Dance'

Ages: 8 yrs - 12 yrs

(Age exceptions considered with prior approval by Bryn)

This class is two steps up from Tiny Tot and is designed for dancers who have completed two or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Junior dancers will be introduced to jazz, ballet, musical theatre, hip - hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Jan 15 - Mar 12 (No session Feb 19)

Tue: 8 sessions | 4:30pm - 5:30pm

Member: \$106 | Non Member: \$128



Ballet Technique + Stretch

Ages: 6 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Ballet Technique + Stretch is a one - hour long class focused on ballet technique, as well as teaching young ones how to stretch safely and effectively. This class is sure to expand knowledge of ballet technique (fundamental to all styles of dance), proper posture, execution of safe stretches, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Set 1: Jan 15 - Mar 12 *(No session Feb 19)*

Tue: 8 sessions | 5:30pm - 6:30pm

Member: \$106 | Non Member: \$128

Tiny Tot Dance

'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Instructor: Bryn Rasmussen

Jan 17 - Mar 14 *(No session Feb 21)*

Thu: 8 sessions | 3:30pm - 4:30pm

Member: \$106 | Non Member: \$128

Minis (SYTYCD)

'So You Think You Can Dance'

Ages: 6 yrs 6 mos - 8 yrs

(Age exceptions considered with prior approval by Bryn)

This class is one step up from Tiny Tot and is designed for dancers who have completed one or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Mini dancers will be introduced to jazz, ballet, musical theatre, hip - hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Jan 17 - Mar 14 *(No session Feb 21)*

Thu: 8 sessions | 4:30pm - 5:30pm

Member: \$106 | Non Member: \$128

Hip Hop Open Level

Ages: 6 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

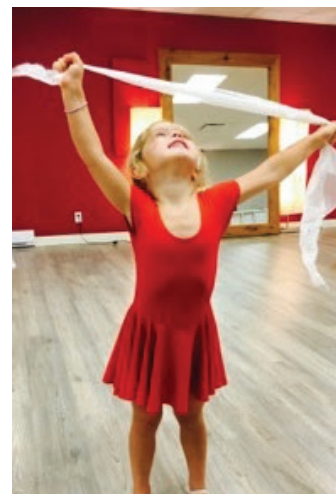
This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Hip Hop is a one - hour long upbeat class focused on hip - hop fundamentals, grooving, and style. Participants can look forward to a fun, high - energy class with choreography to the newest music in town and plenty of opportunity to develop their own sense of style within their dancing. This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Jan 17 - Mar 14 *(No session Feb 21)*

Thu: 8 sessions | 5:30pm - 6:30pm

Member: \$106 | Non Member: \$128



Dance with Christie

Sampler

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class.

Instructor: Dance with Christie

Ages: 3 yrs - 5 yrs

Jan 14 - Mar 11 (No session Feb 18)

Mon: 8 sessions | 1pm - 1:45pm

Member: \$86 | Non Member: \$102

Fitness Class Option

Add in a 45min Fitness Class while your child attends Dance. This program will be located in the gym right next door to the Dance studio and will run 7 sessions as the last dance class is a presentation to the parents. Suitable for all fitness levels, each 45 min session incorporates, strength training, circuit training, core strengthening and mobility. Every session is different from the one before but programmed with the intent on overall improvement.

Fitness Add On:

Member: \$68 | Non Member: \$105

Ages: 3 yrs - 5 yrs

Jan 15 - Mar 12

Tue: 9 sessions | 1pm - 1:45pm

Member: \$96.75 | Non Member: \$114.75

Ages: 3 yrs - 6yrs

Jan 19 - Mar 16 (No session Feb 16)

Sat: 8 sessions | 10:15am - 11am

Member: \$86 | Non Member: \$102

Jan 19 - Mar 16 (No session Feb 16)

Sat: 8 sessions | 1pm - 1:45pm

Member: \$86 | Non Member: \$102

Ages: 4 yrs - 6yrs

Jan 14 - Mar 11 (No session Feb 18)

Mon: 8 sessions | 3:30pm - 4:15pm

Member: \$86 | Non Member: \$102

Jazz/Hip Hop Open Level

This class is for all levels beginner to dancers with experience. Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music.

Instructor: Dance with Christie

Ages: 5 yrs - 10yrs

Jan 14 - Mar 11 (No session Feb 18)

Mon: 8 sessions | 4:15pm - 5pm

Member: \$86 | Non Member: \$102

Ages: 6 yrs - 12 yrs

Jan 16 - Mar 13

Wed: 9 sessions | 6pm - 6:45pm

Member: \$96.75 | Non Member: \$114.75

Age: 5 yrs - 9 yrs

Jan 19 - Mar 16 (No session Feb 18)

Sat: 8 sessions (No session Feb 16)

11am - 11:45am

Member: \$86 | Non Member: \$102

Musical Theatre Club (MTC)

At Musical Theatre Club (MTC) students will learn three disciplines: Singing, Drama and Dance. The class will explore classic and new musicals such as: Annie, Seussical the Musical, Frozen, Peter Pan, Grease, Wizard of Oz and Wicked. Students will learn to act out scenes, play drama games, as well as learn songs and dances.

Instructor: Dance with Christie

Ages: 5 yrs - 12 yrs

Jan 16 - Mar 13

Wed: 9 sessions | 5:15pm - 6:00pm

Member: \$96.75 | Non Member: \$114.75

Ages: 5 yrs - 9 yrs

Jan 19 - Mar 16 (No session Feb 16)

Sat: 8 sessions | 11:45pm - 12:30pm

Member: \$86 | Non Member: \$102



Ballet Technique For Young Dancers

Ages: 6 yrs - 12 yrs

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for all training and focus on developing a solid technique for ballet, jazz, and contemporary. This class will place emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body, and use of arms. The classes will build strength and coordination. We will be learning correct ballet vocabulary and focusing on alignment. There will be an introduction to barre work to build strength and coordination. This class is based on RAD training and is good preparation or addition to RAD classes.

Instructor: Dance with Christie

Jan 16 - Mar 13

Wed: 9 sessions | 4:30pm - 5:15pm

Member: \$96.75 | Non Member: \$114.75



Boys Only Hip Hop

This is a class for boys ONLY. No girls allowed! In this class we will learn hip hop steps and style to current upbeat music. We will have a demonstration for parents on the last day!

Instructor: Dance with Christie

Ages: 5 yrs - 10 yrs

Jan 19 - Mar 16 (No session Feb 16)

Sat: 8 sessions | 1:45pm - 2:30pm

Member: \$86 | Non Member: \$102



Competitive Group

Although this program is now closed for registration, keep your eyes open for next Fall competitive sessions.

Ages: 6 yrs - 12 yrs

Pre - requisites required. This group will be entering one dance competition in the spring. Classes will run from September to mid May. Dancers are required to attend both classes and must have previously completed at least 3x 8 week session of Jazz/Hip Hop with Christie. It is also strongly recommended that dancers also take a ballet class once a week. For more information please email dancewithchristie@gmail.com

Instructor: Dance with Christie



Sep - May

Mon: 5pm - 6pm | Wed: 3:30pm - 4:15pm

Member: \$780 | Non Member: \$840



Youth Camps & Child Minding

WINTER 2019 PROGRAMS

Child Minding

Kids Corner

Ages: 12 mos - 9 yrs

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.



HOURS OF OPERATION

Mon - Fri 3:30pm - 8pm

Sat & Sun 10am - 5pm

MEMBER PACKAGE

\$60 mth per child (\$20 for each additional child)

MEMBERS DROP IN

\$8 hr (\$4 hr for additional child)

GUEST DROP IN

\$10 hr (\$6 hr for additional child)

RESTRICTIONS

1. 2 hrs maximum per child per day.
2. Parents required to stay on site.

Programs & Events

Professional Day Camps

Ages: 6 yrs - 11yrs

Schools out, no problem we have you covered and you don't even have to pack a lunch! Drop your children at the club for a fun filled day of activities.

9:00am - 4:30pm | Member: \$65 | Non Member: \$85

Family Easter Egg Hunt!

Hop on down to the Club on April 17th. Bring the children for a fun filled afternoon with an Easter egg hunt, arts and crafts and more. Adult supervision is required for this event.

April 17 | 4pm - 6pm

Member: \$5 | Non Member: \$8

Kids Corner Spring Break

Ages: 1 yrs - 9 yrs

Kids Corner will be open in the mornings for a fun morning filled with arts and crafts and fun with friends. Pre register on gametime.

Mar 18 - Mar 22 | 9am - 11am

Mar 25 - Mar 29 | 9am - 11am

Member: \$100 | Non Member: \$120

Multi Sport Spring Break Camps

Ages: 6 yrs - 11yrs

Each week offers multi sport activities like basketball, dance, jiu jitsu and more. Lunch and snacks are included.

Mar 18 - Mar 22 | 9am - 4pm

Mar 25 - Mar 29 | 9am - 4pm

Member: \$250 | Non Member: \$375



Birthday Party Packages

Up to 16 guests / extra charges for additional guests
/ MAX 30 children

HTC Package

2 hour private rental of the HTC
Includes small ice, goalie training ice and dryland area

Bouncy Castle Package

2 hour private rental of the HTC
Includes dryland area with Bouncy Castle, 1 Party Host
for 2 hours, 2 hour private rental of the HTC Lounge

Dance Party Package

1 hour of dance with certified dance instructor Bryn Rasmussen
2 hour private rental of one of the NSWC's rooms

Martial Arts Package

Our North Vancouver Kids Karate and Martial Arts Birthday Parties are loved not only by kids... but by parents, too. Why? Because we do a lot of work to ensure your child has an AMAZING time - while you get to relax!

Sportball Package

Sportball will customize your child's birthday party to the sports you desire in an action packed party. This one - hour, coach - led active and fun celebration is sure to be a hit. Coaches provide all equipment, and parents assist. 2 - hour NSWC party room rental is also included (food is not included). Saturdays: 1 - 3pm.

Meal Plan Options

- 2 slices of pizza per person and veggie platter with dip
- Chicken strips and fries
- Mac & Cheese and veggie platter with dip

**All meal plans include 3 jugs of pop. Other Add - Ons Available.
Please inform us of any dietary restrictions in advance.*

All Parties

Must be booked 2 weeks in advance
Price includes tables, chairs, utensil & plates. No outside food or drink is permitted in the Club with the exception of Birthday Cake.

**For Party bookings and inquiries,
contact bookings@nswc.ca**



Fitness

WINTER 2019 PROGRAMS



GARTH PROUSE
Director of Fitness
gprouse@nswc.ca

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. Provided on site are private and group training and fitness classes. Classes and programs for beginners to elite athletes, the Fitness Centre facilitates the ultimate personalized training program.

Personal Training

Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

Member: \$70 | Non Member: \$80

Group Training: 2 - 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

2 - Member: \$50 | Non Member: \$60

3 - Member: \$40 | Non Member: \$50

4 - Member: \$35 | Non Member: \$45

5 - Member: \$30 | Non Member: \$40

Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

Member Team: \$150 | Non

Member Team: \$200

Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

One session & Program

Member: \$100 | Non Member: \$125

Fitness Centre Hours

Monday - Sunday 6am - 10pm

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under - age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.



Garth's WOD

(Work out of the Day)

WARMUP

- Perform with a band
- 10 dislocate
- 10 good - morning
- 10 overhead squat
- 10 deadlift
- 10 bent - over row
- 10 overhead lunges
- 2 sets

STEP 1

- 5 kettlebell deadlift
- 5 + 5 kneeling 1 arm dumbbell shoulder press
- Rest 60 - 90s
- 4 sets

STEP 2

- 10 minutes as many sets and reps as possible
- 5 push - ups
- 10 TRX row
- 15 air squats

ADVANCED VERSION

- 5 pull - ups
- 10 push - ups
- 15 dumbbell goblet squat

STEP 3

- 20/30 calorie row
- 20/30 calorie air bike
- 3 sets for time

STEP 4

- 20 plank slides
- 10 + 10 horizontal cable chop
- Rest as needed
- 3 sets

Fitness Classes

Fitness enthusiasts have the flexibility of attending a variety of fitness classes throughout the week. Drop - in or 10 - 20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

Prices

Drop - in: Member \$17 | \$20 Non Member

10 Pass: Member \$150 | \$180 Non Member

20 Pass: Member \$260 | \$320 Non Member

Intro Pack: 3 classes Member \$35 | Non Member \$42

CLASS DESCRIPTIONS

Winter - Fit

Fitness is coming!! This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

Cardio & Core

NEW CLASS COMING SOON

The cardio section of this class incorporates high intensity, interval training using Treadmills, Rowing Machines, Spin Bikes and Air Bikes. Every session begins with a dynamic warm - up ensuring your body is prepared for the workout ahead. The latter portion of the session we focus on Core Strengthening and Midline Stabilization using TRX, Med Balls, Stability Balls, Bands and Mats. Workouts are constantly varied with the goal of continuous improvement.

Pilates

This class will improve flexibility, balance, coordination and agility. Pilates makes the body stronger and leaner through target specific muscle groups through body weight and strength. With focus on flexibility, you will see improved balance, coordination, agility, and also prevent injury. You can also expect a heightened sense of mind - body connection, as breath work is an integral part of this training - not only as a method to clear the mind and bring about focus, but also as a tool to engage the core more effectively.

Stretch

This class is designed to improve flexibility, mobility and help with some minor aches and pains. Sessions will include a dynamic warm up, myofascial release using lacrosse balls, soft balls and foam rollers as well as static stretching. A variety of musical genres will be played each class and we encourage social interaction.

Hatha Yoga

Focusing on alignment and the basic shapes of yoga asana, this class integrates the importance of breathing and movement to create balance. Ideal for those just starting a yoga practice as there is time and space to receive personal attention and clarification on the postures. There is also opportunity to deepen your existing practice and as such, each class is structured around the needs of those students. If you are looking to open your hips, strengthen your arms/shoulders and stretch out that lower back, this class is for you.

Gentle Hatha / Yin Yoga

A midweek break to restore and relax. Join us for an evening of heart opening and hip/back stretching. Sitting at a desk, walking/hiking/skating/running - all tighten up the fronts of your legs and round you through the back. After this class you will feel taller and more open; more supple and calm - relaxed from the inside - out. Essential oils, blankets...ahhh.

Powerflow Hatha

Get a jump on your weekend with this energizing, yet balancing class. Based in alignment and contingent on student's levels we begin with a full body stretch and warm up. Poses deepen, quicken and build both in intensity as well as pace as we approach the vinyasa series. Sun Salutations often represent the peak of the class ensuring increased heart rate and the sense of accomplishment. The class winds down with poses geared to continue the process of opening/lengthening but also to connect and slow down. Based on who attends, time will be allotted for "Play" so that those interested can practice more challenging balance poses if desired. A fun, social class open to all, geared to those willing to "try". As always time and space allows for hands on assists and all the touches - oils, savasanah with blankets..mhm you earned them!



PERSONAL TRAINERS



GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physical

potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high-level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.



SAM HUSTON

Sam played Minor hockey here at the Club as the number one goalie on several dominant teams. With playing experience in the WHL and BCHL, Sam understands the hard work, commitment and dedication it takes to make it to the next level. The primary

focus of Sam's training is assessing and addressing his clients strengths and weaknesses in order to find ways to challenge them to get stronger each and every day. Sam creates a demanding and engaging training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relate to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, speed, agility, quickness, power, flexibility, and body maintenance.



NICK RICCARDI

Nick has been working at the NSWC since 2013, training a variety of clients including those returning from injuries to various groups of dry land hockey players. He has spent many years rehabbing his own serious injuries and has always come back stronger and

smarter. Because of this, Nick focuses on prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!





OISÍN REYNOLDS

Born in Dublin, Ireland, Oisín has followed his passion as a personal trainer and a group exercise leader for over twelve years, specializing in rehabilitation and postural re - alignment.

Wanting to challenge himself both mentally and physically, Oisín joined the Canadian BC Wildfire Service in 2016 and fell in love with Canada. Oisín found his niche on the North Shore and opened two companies 2017 and 2018. Currently, Oisín is collaborating with the BC Dental Association to better educate dentists on correct posture, aiming to minimize work related injuries and provide practical solutions for dental professionals. Oisín is also works with seniors in various senior centers in the Lower Mainland, focusing on minimizing slips, trips, and falls among the elderly demographic.

Oisín believes that through education and awareness, people of all ages and professions can learn to live pain free. His philosophy emphasizes that physical structure will ultimately dictate its function and with corrective strength training in conjunction to light rehabilitation, results can be outstanding.



FITNESS INSTRUCTORS



JOANNE ROG

Joanne is a Certified Stott Pilates Instructor in Matwork, Barrels, Barre, and Reformer. In order to gain more experience, Joanne attained certifications in Yoga (200 hours) and YIN Yoga and has an in -

depth knowledge of equipment, modifications, and props. Joanne is passionate about teaching and helping clients to become strong, balanced, and flexible. She's been teaching since 2006 and has been working with students at YYoga, ICBC, Equinox Integrative Wellness Center, and at the NSWC since she moved to Vancouver eight years ago. She hopes to see you in one of her classes soon!

ALANA TAYLOR

Alana Taylor is a yoga teacher, musician, and ocean lover. She has taught yoga for several years and loves seeing people transform, range of motion increasing and energy becoming more calm, focused, and consistent. Alana is so grateful to be a part of each of her students' journeys.

In addition to yoga, Alana sings because if feels good and paints because she loves to express herself without talking! Long hikes in the forest with her dog and husband or a paddle on the ocean are equally as restorative for her. Alana strives to bring that balance into her life every day in some way. Breathe in, let go, and lean in. Namaste!



Minor Hockey

WINTER 2019 PROGRAMS



AARON WILBUR
Director of Hockey
awilbur@nswc.ca



BOB MCCUAIG
Manager of
Hockey Admin
bmccuaig@nswc.ca



EMILY ALLEN
Hockey Admin
eallen@nswc.ca

Power Skating

High performance explosive speed and power training, power skating with NSW's Karen Kos. Quick feet, dynamic agility and stride perfection in and up - tempo, educational environment. Full hockey equipment required.

Instructor: Karen Kos

Jan 13 - Mar 10

(No session Feb 17)

Sun: 8 sessions

1:30pm - 2:15pm Atom

2:15pm - 3pm H2/H3

3:30pm - 4:15pm Peewee

4:15pm - 5pm H4

5:15pm - 6pm Atom

6pm - 6:45pm Peewee

7pm - 7:45pm Bantam/Midget

Member: \$184 | Non Member: \$272

Edging & Stroking

This class will focus on skating movements including balance, edge control and specific precision skating techniques. World Figure Skating Champion Victor Kraatz has work with all levels of hockey players and will help teach and develop players skating structure to push your skill sets to the next level. This dynamic skating class will help you achieve your goals in a fun interactive environment. Full equipment is required.

Instructor: Victor Kraatz

Jan 11 - Mar 8 (No session Feb 15)

Fri: 8 sessions

5:15pm - 6:15pm Atom

6:30pm - 7:30pm Initiation

7:45pm - 8:45pm Peewee

Member: \$184 | Non Member: \$272

Learn to Skate (For Hockey)

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

Instructor: Cole Todd

Jan 12 - Mar 9 (No session Feb 16)

Sat: 8 sessions | 8am - 8:45am

Member: \$80 | Non Member: \$120

Cookie Monsters

The NSW Cookie Monster Program will help introduce young players to the game of hockey. We will host two skill levels over the summer to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

Instructor: Cole Todd & Janelle Iglesias

BEGINNER

Jan 8 - Mar 12 (No session Feb 16)

Tue & Sat: 18 sessions

Tue: 4pm - 4:45pm

Sat: 8:45am - 9:30am

Member: \$216 | Non Member: \$324

INTERMEDIATE / ADVANCED

Jan 8 - Mar 12 (No session Feb 16)

Tue & Sat: 18 sessions

Tue: 4:45pm - 5:30pm

Sat: 9:30am - 10:15am

Member: \$216 | Non Member: \$324

PEP

Power Edge Pro's innovative training produces results by bringing key elements together, of technical skating, reactive agility, weak side training, puck placement/ recovery and hand/ eye/ foot co - ordination. These are all bi - products of reactive countering training.

Instructors: Jason Krog & Darcy Zajac

Jan 13 - Mar 10 (No session Feb 17)

Sun: 8 sessions

5pm - 6pm

Initiation

6:15pm - 7:15pm

Bantam

7:30pm - 8:30pm

Midget

Member: \$320 | Non Member: \$400

Jan 8 - Mar 12

Tue: 10 sessions

6:30am - 7:30am

Atom

Member: \$400 | Non Member: \$500

Jan 10 - Mar 14

Thu: 10 sessions

6:30pm - 7:30pm

Peewee

Member: \$400 | Non Member: \$500

Defense Skills

The Defense Skills class is targeted for players who want to perform at a high performance level. Players will develop tools to increase mobility, positional play, shooting and defending. Players will be challenged at a High Performance level in a fun, competitive environment. This class is focused to push your skill set to improve your defensive play so you are ready to make the jump to the next level in your hockey career. Full hockey equipment is required.

ATOM / PEE WEE

Jan 13 - Mar 10 (No session Feb 17)

Sun: 8 sessions | 3:45pm - 4:45pm

Member: \$184 | Non Member: \$272



North West Hawks Schedule

DATE	MAJOR MIDGET GAMES			MINOR MIDGET GAMES		
	TEAM	LOCATION	TIME	TEAM	LOCATION	TIME
22 - Sep - 18	At Thompson Blazers	Sandman Centre	6:30 PM	vs SnoKings	NSWC	7:30 PM
23 - Sep - 18	At Thompson Blazers	Sandman Centre	11:00 AM	vs SnoKings	NSWC	10:45 AM
29 - Sep - 18	At Valley West Giants	LEC	3:00 PM	vs T - Birds	NSWC	7:30 PM
30 - Sep - 18	vs Valley West Giants	NSWC	10:45 AM			
05 - Oct - 18				At Okanagan Rockets	CN 2	5:15 PM
06 - Oct - 18	vs Kootenay Ice	Abbotsford Centre	11:15 AM	At Okanagan Rockets	CN 1	5:15 PM
07 - Oct - 18	vs Kootenay Ice	Abbotsford Centre	8:30 AM	At Okanagan Rockets	CN 1	9:45 AM
13 - Oct - 18	At South Island	Pearkes	6:30 PM			
14 - Oct - 18	At South Island	Pearkes	8:30 AM			
19 - Oct - 18				At North Island	Ice Centre Rink 1	6:15 PM
20 - Oct - 18	At GVC	Richmond Oval	5:00 PM	At North Island	Frank Crane Arena	4:45 PM
21 - Oct - 18	vs GVC	NSWC	10:45 AM	At North Island	Ice Centre Rink 1	4:45 PM
27 - Oct - 18	vs NE Chiefs	NSWC	7:30 PM			
28 - Oct - 18	At NE Chiefs	Burnaby 8 Rinks	11:30 AM			
02 - Nov - 18				vs Cariboo	North Rink, Richmond Oval	5:30 PM
03 - Nov - 18	vs T - Birds	NSWC	7:30 PM	vs Cariboo	North Rink, Richmond Oval	12:45 PM
04 - Nov - 18	At T - Birds	TBD	TBD	vs Cariboo	South Rink, Richmond Oval	9:00 AM
16 - Nov - 18				vs South Island	Harry Jerome	12:45 PM
17 - Nov - 18	vs North Island	NSWC	7:30 PM	vs South Island	Canlan - North Van	12:45 PM
18 - Nov - 18	vs North Island	NSWC	10:45 AM	vs South Island	TBD	TBD
24 - Nov - 18	At Okanagan Rockets	CNC 1	5:00 PM			
25 - Nov - 18	At Okanagan Rockets	CNC 1	10:00 AM			
01 - Dec - 18	At Cariboo	KIN 1	4:00 PM			
02 - Dec - 18	At Cariboo	KIN 1	10:30 AM			
07 - Dec - 18				At Valley West	Planet Ice Delta Canadian Rink	6:15 PM
08 - Dec - 18	vs Thompson	NSWC	7:30 PM	At Valley West	Planet Ice Delta Canadian Rink	10:00 AM
09 - Dec - 18	vs Thompson	NSWC	10:45 AM	At Valley West	Planet Ice Delta American Rink	10:30 AM
14 - Dec - 18				vs GVC	Karen Magnussen	2:30 PM
15 - Dec - 18	At Kootenay	Cominco Arena	4:00 PM	vs GVC	NSWC	7:30 PM
16 - Dec - 18	At Kootenay	Cominco Arena	9:45 AM	vs GVC	NSWC	10:45 AM
12 - Jan - 19	vs South Island	NSWC	7:30 PM			
13 - Jan - 19	vs South Island	NSWC	10:45 AM			
18 - Jan - 19				vs T - Birds	Karen Magnussen	11:45 AM
19 - Jan - 19	vs Valley West Hawks	NSWC	7:30 PM	vs T - Birds	Canlan - North Van	12:45 PM
20 - Jan - 19	At Valley West Hawks	LEC	7:00 PM	vs T - Birds	NSWC	10:45 AM
25 - Jan - 19				At NE Chiefs	Planet Ice Rink #3	7:30 PM
26 - Jan - 19	At GVC	Richmond Oval	5:00 PM	At NE Chiefs	Planet Ice Rink #3	12:15 PM
27 - Jan - 19	vs GVC	NSWC	10:45 AM	At NE Chiefs	Planet Ice Rink #4	11:00 AM
01 - Feb - 18				At South Island	Pearkes Gold	12:30 PM
01 - Feb - 19	At NE Chiefs	CNC1	5:15 PM	At South Island	TBD	TBD
02 - Feb - 19	At NE Chiefs	CNC1	2:15 PM	At South Island	TBD	TBD
08 - Feb - 19				vs Thompson	Harry Jerome	1:00 PM
09 - Feb - 19				vs Thompson	NSWC	7:30 PM
10 - Feb - 19				vs Thompson	NSWC	10:45 AM
16 - Feb - 19	At T - Birds	tbd				
17 - Feb - 19	vs T - Birds	NSWC	10:45 AM			
23 - Feb - 19	At North Island	TBD	TBD			
24 - Feb - 19	At North Island	Frank Crane Arena	8:00 AM			
01 - Mar - 19				Playoffs (QFs)	TBD	TBD
02 - Mar - 19	vs Okanagan	NSWC	7:30 PM	Playoffs (QFs)	TBD	TBD
03 - Mar - 19	vs Okanagan	NSWC	10:45 AM	Playoffs (QFs)	TBD	TBD
08 - Mar - 19				Playoffs (SFs)	TBD	TBD
09 - Mar - 19	vs Cariboo	NSWC	7:30 PM	Playoffs (SFs)	TBD	TBD
10 - Mar - 19	vs Cariboo	NSWC	10:45 AM	Playoffs (SFs)	TBD	TBD
15 - Mar - 19	Playoffs (QFs)	TBD	TBD	Playoffs (Finals)	TBD	TBD
16 - Mar - 19	Playoffs (QFs)	TBD	TBD	Playoffs (Finals)	TBD	TBD
17 - Mar - 19	Playoffs (QFs)	TBD	TBD	Playoffs (Finals)	TBD	TBD
23 - Mar - 19	Playoffs (SFs)	TBD	TBD			
24 - Mar - 19	Playoffs (SFs)	TBD	TBD			
25 - Mar - 19	Playoffs (SFs)	TBD	TBD			
30 - Mar - 19	Playoffs (Finals)	TBD	TBD			
31 - Mar - 19	Playoffs (Finals)	TBD	TBD			
01 - Apr - 19	Playoffs (Finals)	TBD	TBD			

Martial Arts

WINTER 2019 PROGRAMS

Brazilian Jiu Jitsu

Looking for a way to complement your athletic practice by developing your core strength and flexibility? Brazilian Jiu Jitsu (BJJ) is a martial art that not only develops but has been shown to greatly improve speed, power, strength, explosiveness, body mechanics, timing, sensitivity, awareness, accuracy, footwork, distancing, agility, line familiarization, flexibility, balance, coordination and endurance.

BJJ not only develops your physical strength but your body awareness and mental agility. It is an art of movement and strategy that will challenge your body in ways that other sports cannot. Jiu Jitsu requires that you know what is happening at all times and be two steps ahead of your partner while at the same time being aware of what parts of the body have to be engaged in any given situation. This attribute is extremely important on the ice; to know where your teammates are at all times and how not to get hit by your opponents.

Roll Jiu Jitsu has a carefully designed curriculum that will work alongside your hockey, tennis or swimming practice to help build physical and mental strength. We believe the two have to work together for an athlete to be at their best.

Set 1: Jan 7 - Feb 6

Mon & Wed: 10 sessions

6 yrs - 8 yrs: 4:30pm - 5:30pm

9 yrs - 12 yrs: 5:45pm - 6:45pm

Member: \$150 | Non Member: \$180

Set 2: Feb 11 - Mar 13 (No session Feb 19)

Mon & Wed: 9 sessions

6 yrs - 8 yrs: 4:30pm - 5:30pm

9 yrs - 12 yrs: 5:45pm - 6:45pm

Member: \$135 | Non Member: \$162



Sportball

WINTER 2019 PROGRAMS



We believe there's a sports experience for every kid, at every stage. Ball, racquet or net: our expertly coached, skill - based programs are designed to promote physical literacy and build self - confidence, so every kid can get in the game - and stay in the game. We know that kids learn best when they're having fun, and kids have fun when they're at the top of their own game. That's why we're passionate about keeping the play in ball!

Sportball Jr.

Ages: 16 mos - 2 yrs

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Jan 8 - Mar 5

Tue: 9 sessions | 10am - 10:45am

Member: \$135 | Non Member: \$168

Jan 12 - Mar 9 *(No session Feb 16)*

Sat: 8 sessions | 9:15am - 10am

Member: \$120 | Non Member: \$148



Sportball Parent & Child

Ages: 2 yrs - 3 yrs

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one - parent - per - child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

Jan 8 - Mar 5

Tue: 9 sessions | 11am - 11:45am

Member: \$135 | Non Member: \$168

Jan 12 - Mar 9 *(No session Feb 16)*

Sat: 8 sessions | 10:15am - 11am

Member: \$120 | Non Member: \$148

Sportball Multi - Sport

Ages: 3 yrs - 5 yrs

Refine, rehearse, repeat. Multi - Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non - competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Jan 8 - Mar 5

Tue: 9 sessions | 12pm - 1pm

Member: \$135 | Non Member: \$168

Jan 12 - Mar 9 *(No session Feb 16)*

Sat: 8 sessions | 11:15am - 12pm

Member: \$120 | Non Member: \$148



Squash

WINTER 2019 PROGRAMS



Beginners - Juniors

Ages: 9 yrs - 13 yrs

This program is designed for new squash players. It will build skills from basic squash skills, footwork and fitness fundamentals. The first priority is to build squash skills in a fun environment so kids enjoy the game and make friends. Squash equipment will be provided, but buying protective goggles are strongly recommended as a personal piece of equipment.

Jan 16 - Mar 13

Wed: 9 sessions | 4:30pm - 5:15pm

Member: \$150 | Non Member: \$185

Intermediate Beginners

Ages: 13 yrs - 18 yrs

This program is designed for kids with previous racquet sport experience or that are 13+. Fundamentals of squash skills will be given and technicalities that differentiate squash from other racquet sports. The sessions will have progressive drills to introduce squash skills, game basics. Footwork and court coverage will be emphasized to become more efficient in the court; everything will be done in a fun game set up.

Jan 16 - Mar 13

Wed: 9 sessions | 5:15pm - 6:00pm

Member: \$150 | Non Member: \$185

Squash Adult Beginners

Ages: 18 yrs +

This program is for players that have little experience in racquet sports, to learn fundamentals and basic starter shots. It is a very fun program where you are guaranteed to have a good work out in less time than going to the gym!

Jan 16 - Mar 13

Wed: 9 sessions | 6pm - 6:45pm

Member: \$150 | Non Member: \$185

Squash Adult Intermediate

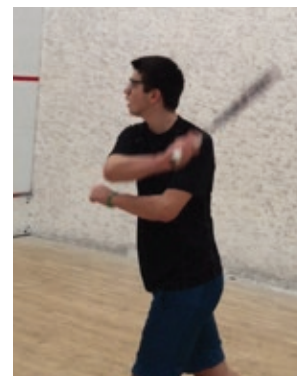
Ages: 18 yrs +

This program is for players with previous experience playing racquet sports that will benefit learning more advanced tactics to set up strategies. Fitness drills and court ghosting will improve efficiency and ball control, while having a great work out.

Jan 16 - Mar 13

Wed: 9 sessions | 6:45pm - 7:30pm

Member: \$150 | Non Member: \$185



NSWC TENNIS PROFESSIONALS



FABIO WALKER

DIRECTOR OF TENNIS

Fabio Walker was born and raised in North Vancouver. In the years 1984 to 1988, Fabio reached seven Canadian National Championship finals, winning four times - three singles and one doubles. From 1986 to 1988, Fabio was the number one ranked junior in the country and represented Canada in many international tennis events including Jr.

Wimbledon, the US Open, and the French Open. He also won a gold medal for British Columbia at the 1989 Canada Games. In 1988, Fabio received a full tennis scholarship to Texas Tech University, a NCAA Division 1 school located in Lubbock, Texas where he played position one in singles and doubles. After graduating in 1993, Fabio decided on a career coaching tennis and competed in the local Tennis BC Men's Open tennis circuit. Again, he achieved a number one ranking in both singles and doubles. Fabio worked as an assistant tennis pro at the Nautilus Racket and Fitness Club in Lubbock, Texas (1992 - 1993), at the New Westminster Tennis Club (1994 - 1995), and at the West Vancouver Tennis Club (1996). Fabio was the Head Tennis Professional at the Richmond Country Club from 1997 to 2012 and has been the NSWC Tennis Director since 2012.



JOE WOOD

ASSISTANT DIRECTOR OF TENNIS

Growing up in the UK, Joe won the U14, U16, and U18 Yorkshire Championships and competed in the U15 and 18 National Championships. He ended his junior career as the number eight player in the UK. At 16 years old, Joe moved to Somerset to play at Milfield School where his team won the

National Schools Title in both his years. In 2007, Joe achieved a junior world ranking in both singles and doubles, earning a scholarship to play at the University of New Mexico. There, he made two NCAA appearances and won two Mountain West Conference Championships. Upon graduating, Joe started coaching at the Lob Performance Tennis Academy in Albuquerque, New Mexico, where he focused on high performance players between the age of 12 and 18. After coaching, he moved back to London to work for the tennis department at IMG and eventually to Canada. Joe has been with the NSWC since 2014.



ALEXA ANTON-OHLMAYER

Originally from Palm Desert, California, Alexa was the captain of the Georgia Tech University women's tennis team and is a former top 15 player in the United States. She is USPTA certified and has coached at clubs in Atlanta, Georgia and Southern California. Alexa "loves tennis and loves giving back to the sport that has given her everything."



AMY WALKER

As a junior, Amy Walker was a top ranked player in Texas and was ranked nationally in the US, her highest national ranking being number four in doubles. Amy earned a full tennis scholarship to Texas Tech University and played on the women's tennis team for four years. After graduating with a BBA and MBA, she moved to British Columbia.

Amy played in the local Tennis BC Women's Open tennis circuit for 10 years, won the Senior BC Doubles Provincials in 2005, and was undefeated in the Division 1 league in 2017. Amy was the assistant tennis pro at the Nautilus Racquet and Fitness Club in Lubbock, Texas (1993 - 1994), the New Westminster Tennis Club (1994 - 1995), and the Richmond Country Club from (1997 - 2012). She has been with the NSWC since 2012.



CHRIS STEAD

Before joining the NSWC as the High Performance Coach, Chris was the Director of Tennis at the West Vancouver Tennis Club for twenty years. He served as a Tennis BC Provincial Team Coach for more than twenty years and as a Tennis Canada Touring Coach working and travelling with some of Canada's top junior teams and players. In 2016, Chris was the

recipient of the Tennis Canada Coaching Excellence Award. He has coached numerous National and Provincial Champions, Jr. ITF Champions, and players on the ATP Challenger and Futures Tours. Chris is Tennis Canada Coach 3 Certified and the highlight of his career was coaching Fabio Walker to the Gold Medal in the 1989 Canada Games!



ALEX CHERMAN

Alex Cherman is the former captain of the University of Missouri St. Louis NCAA men's tennis team. He has extensive coaching experience working in country clubs and high performance junior academies in his native Australia, as well as in Canada and the United States. Alex is USPTA and

Tennis Canada certified and has personally coached many top players, including ATP tour players Marinko Matosevic and Vasko Mladenov.



NICOLE MCLENNAN

Nicole McLennan is Tennis Canada High Performance Coach 3 Certified and was selected to enter the Tennis Canada High Performance Mentorship Program, which she completed in 2017. Along with NSWC Coach Sarah Kadi, Nicole created a girl's group initiative that aims

to provide an environment that matches the needs of young girls in sport. Nicole has also spent time working with the CAC/CAAWS Female Coach Mentorship Program. Currently, Nicole is working in U14 development at the NSWC and travelling with players as a Tennis Canada U12 National Tour Coach and Tennis BC Provincial Coach. Nicole was the 2014 Tennis BC High Performance Coach of the Year and has a BA in Psychology from the University of British Columbia.

TENNIS EVENTS 2019

JANUARY

Grand Slam #1 - Australian Open - Women
Grand Slam #1 - Australian Open - Men
Championships Singles

Jan 16
Jan 17
Jan 21 - 25

FEBRUARY

Club Championships Doubles
Club Championships Mixed Doubles
Winter Bash

Feb 4 - 8
Feb 18 - 22
Feb 23

APRIL

Spring League

April 1 - June 21

MAY

Grand Slam #2 - French Open - Men
Grand Slam #2 - French Open - Women

May 15
May 16

JUNE

Grand Slam #3 - Wimbledon - Men
Grand Slam #3 - Wimbledon - Women

June 19
June 20

JULY

Friday Night Socials

July 5, 12, 19, & 26

AUGUST

Summer Smash

August 11 - 17

SEPTEMBER

Grand Slam #4 - US Open - Men
Grand Slam #4 - US Open - Women

Sept 11
Sept 12

OCTOBER

Paul Shellard Fall Classic Mixed Doubles

Oct 13 - 19

NOVEMBER

Triple Threat Team Tennis Auction Night
Triple Threat Team Tennis Matches

Nov 15
Nov 16 - 17 (9 - 6pm)

DECEMBER

Christmas Mixer

Dec 8

Adult Tennis

WINTER 2019 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



JOE WOOD
Assistant Tennis Director
jwood@nswc.ca



Adult Drills

Division 1 & 2

For Division 1 & 2 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

Jan 8 - Mar 12

Tue: 10 sessions | 8pm - 9pm

Member: \$230 | Non Member: \$340

Jan 9 - Mar 13

Wed: 10 sessions | 12pm - 1pm

Member: \$230 | Non Member: \$340

Adult Drills

Division 2 & 3

For Division 2 & 3 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

Jan 10 - Mar 14

Thu: 10 sessions | 10am - 11am

Member: \$230 | Non Member: \$340

Adult Drills

Division 3 & 4

For Division 3 & 4 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

Jan 10 - Mar 14

Thu: 10 sessions | 11am - 12pm

Member: \$230 | Non Member: \$340

Jan 10 - Mar 14

Thu: 10 sessions | 7pm - 8pm

Member: \$230 | Non Member: \$340

Jan 11 - Mar 15

Fri: 10 sessions | 10am - 11am

Member: \$230 | Non Member: \$340



Adult Drills

Division 4 & 5

For Division 4 & 5 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

Jan 7 - Mar 11 *(No session Feb 18)*

Mon: 9 sessions | 9am - 10am

Member: \$207 | Non Member: \$306

Jan 8 - Mar 12

Tue: 10 sessions | 11am - 12pm

Member: \$230 | Non Member: \$340

Jan 8 - Mar 12

Tue: 10 sessions | 7pm - 8pm

Member: \$230 | Non Member: \$340

Jan 10 - Mar 14

Thu: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Adult Drills

Beginner - Level 1.0 - 1.5

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

Jan 7 - Mar 11 *(No session Feb 18)*

Mon: 9 sessions | 10am - 11am

Member: \$207 | Non Member: \$306

Jan 8 - Mar 12

Tue: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340



Jan 9 - Mar 13

Wed: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Jan 9 - Mar 13

Wed: 10 sessions | 8pm - 9pm

Member: \$230.00 | Non Member: \$340.00

Jan 10 - Mar 14

Thu: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Jan 10 - Mar 14

Thu: 10 sessions | 6pm - 7pm

Member: \$230 | Non Member: \$340

Adult Drills

Intermediate - Level 2.0 - 2.5

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

Jan 7 - Mar 11 *(No session Feb 18)*

Mon: 9 sessions | 11am - 12pm

Member: \$207 | Non Member: \$306

Jan 7 - Mar 11 *(No session Feb 18)*

Mon: 9 sessions | 6pm - 7pm

Member: \$207 | Non Member: \$306

Jan 9 - Mar 13

Wed: 10 sessions | 10am - 11am

Member: \$230 | Non Member: \$340

Jan 9 - Mar 13

Wed: 10 sessions | 7pm - 8pm

Member: \$230 | Non Member: \$340

Jan 10 - Mar 14

Thur: 10 sessions | 10am - 11am

Member: \$230 | Non Member: \$340

Jan 10 - Mar 14

Thur: 10 sessions | 8pm - 9pm

Member: \$230 | Non Member: \$340

Jan 11 - Mar 15

Fri: 10 sessions | 11am - 12pm

Member: \$230 | Non Member: \$340

Men's Tennis Training

Come on out guys! This class offers the perfect combination of physical and technical aspects of the game. A great workout is guaranteed!

Jan 7 - Mar 11 (No session Feb 18)

Mon: 9 sessions | 9am - 10am

Member: \$207 | Non Member: \$306

Jan 8 - Mar 12

Tue: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Jan 8 - Mar 12

Tue: 10 sessions | 6pm - 7pm

Member: \$230 | Non Member: \$340

Jan 10 - Mar 14

Thur: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Jan 11 - Mar 15

Fri: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Ladies Doubles Night League

Novice - Level 1.5 - 2.5

For the Novice level tennis player. This program is designed to increase your knowledge of doubles and to have fun!

Jan 7 - Mar 11 (No session Feb 18)

Mon: 9 sessions | 8:30pm - 9:30pm

Member: \$144 | Non Member: \$216

Ladies Doubles Day League

Intermediate - Level 1.5 - 2.5

For the Intermediate level tennis player. Doubles strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and to have fun!

Jan 7 - Mar 11

Mon: 9 sessions (No session Feb 18)

12pm - 1:30pm

Member: \$144 | Non Member: \$216

Ladies Doubles Day League

Advanced - Level 2.5 - 3.5

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Jan 7 - Mar 11 (No session Feb 18)

Mon: 9 sessions | 10:30am - 12pm

Member: \$144



Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

LEVEL	GROUNDSTROKES	RETURN OF SERVE	NET PLAY	SERVE
1.0	I'm just starting to play tennis			
1.5	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
2.0	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses	In singles, I'm reluctant to come to the net. In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
2.5	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.
3.0	I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.	I can control the direction of the ball when receiving moderately paced serves.	I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.	I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.
3.5	I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.	I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.	I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.	I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.
4.0	I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.	I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.	I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.	I can vary the speed and direction of the first serve and I can use spin.
4.5	I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.	I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer.	When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns.	I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency.
5.0	I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.	In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.	My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.

Tennis Policies and Procedures

General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 - September 30). Tennis Court operating hours are 6am - 11pm, Monday through Sunday.

PRIME TIME HOURS

6pm - 9pm Monday - Thursday

NON PRIME TIME HOURS

6am - 6pm Monday - Thursday
9pm - 11pm Monday - Thursday
6am - 11pm Friday, Saturday & Sunday

JUNIOR COURT TIMES

3, 4, & 5pm Monday - Friday

Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through Gametime: (nsw.gametime.net) or at www.nswc.ca, made in person or at the Front Desk Reception. Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

Reservations - Adult Tennis Members

- May book courts 1 - 4 and the outdoor courts 8 - 11 after 9:30 p.m. up to 6 days in advance with the exception of Junior Court Time hours
- May book courts 5 & 6 after 12:00p.m. (noon), up to 5 days in advance, with the exception of Junior Court Time hours.
- May have a maximum of two (2) court bookings within a 6 - day period during Prime Time.
- May also book available courts within a 24 - hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and all playing partners at the Front Desk Reception.

RESERVATIONS - Junior Tennis Members

- May book courts during Junior Court Time or Non Prime time, a maximum of six (6) days in advance. May play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24 - hour advance booking).
- Junior Members may also book available courts within a 24 - hour period.

CANCELLATIONS

- Court bookings must be cancelled no less than six (6) hours before the booked time or a late cancel/no-show fee of \$25 + GST per court will be charged. To avoid being deemed a no-show, at least one player for a given court booking must check in with the Front Desk Reception upon arrival.

WALK - ON FOR VACANT COURTS

- If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.

NO SHOWS

- A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception.
- If you know you will be late, please call the Front Desk Reception to avoid your court being released.

GUESTS PRIVILEGES

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member's name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 - each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month.
- A Guest fee of \$8 + GST for juniors and \$12 + GST for adults must be paid before the guest is permitted to enter the Club to play.

BALL MACHINE

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking, no pro - rates.
- The Ball Machine may be used ONLY between 7am - 9pm. Ball machines cannot be used during Prime Time.
- It is the user's responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use
- Use of the Club's (or privately owned) ball machine, is restricted to the upstairs Court 5, 6 or Court 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

PLAYSIGHT

NSWC offers a state - of - the - art tennis analytics technology system equipped with six fully automated cameras and an interactive touch - screen kiosk. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in - depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on - court kiosk or at PlaySight.com. Train smarter. Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

COURT RENTAL

Requests for court rentals must be approved by the Tennis Director.

Tennis Private Lessons

Lesson Type	Members
Adult Private	\$75
Jr. Private	\$65
Adult Semi Private	\$45 each
Jr. Semi Private	\$40 each
Adult Group of 3	\$35 each
Jr. Group of 3	\$30 each
Adult Group of 4	\$30 each
Jr. Group of 4	\$25 each



Junior Tennis

WINTER 2019 PROGRAMS

Le Petit Tennis

Ages: 4 yrs - 5 yrs

Le Petit Tennis is designed to introduce kids to tennis using the appropriate modified progressive tennis equipment. This stage of development is to promote the love of physical activity while laying the foundation for future enjoyment of tennis. Participants learn moving patterns, balance and co-ordination while having fun doing a variety of physical tennis activities.

Jan 12 - Mar 16

Sat: 9 sessions

(No session Feb 16)

10am - 10:30am

Member: \$108

Non Member: \$153

Red Level 1

Ages: 5 yrs - 7 yrs

RED LEVEL 1 Tennis is designed to develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

Jan 12 - Mar 16

Sat: 9 sessions

(No session Feb 16)

12pm - 1pm

Member: \$180

Non Member: \$225

Jan 7 - Mar 11

Mon: 9 sessions

(No session Feb 18)

3:30pm - 4:30pm

Member: \$180

Non Member: \$225

Jan 9 - Mar 13

Wed: 10 sessions

3:30pm - 4:30pm

Member: \$200

Non Member: \$250

Orange Level 1

Ages: 7 yrs - 9 yrs

Orange Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified ¾ court (ORANGE COURT).

Jan 12 - Mar 16

Sat: 9 sessions

(No session Feb 16)

1pm - 2pm

Member: \$180

Non Member: \$225

Jan 7 - Mar 11

Mon: 9 sessions

(No session Feb 18)

3:30pm - 4:30pm

Member: \$180

Non Member: \$225

Jan 9 - Mar 13

Wed: 10 sessions

3:30pm - 4:30pm

Member: \$200

Non Member: \$250

Green Level 1

Ages: 9 yrs - 11 yrs

Green Level 1 is designed to develop the fundamental tennis skills (technical/tactical) required in game situations on a full court.

Jan 12 - Mar 16

Sat: 9 sessions

(No session Feb 16)

2pm - 3pm

Member: \$180

Non Member: \$225

Jan 7 - Mar 11

Mon: 9 sessions

(No session Feb 18)

3:30pm - 4:30pm

Member: \$180

Non Member: \$225

Jan 9 - Mar 13

Wed: 10 sessions

3:30pm - 4:30pm

Member: \$200

Non Member: \$250

Teen Tennis

Ages: 12 yrs +

This group is for the beginner/novice teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills (technical/tactical/physical) to learn the game.

Jan 12 - Mar 16

Sat: 9 sessions

(No session Feb 16)

10:30am - 12pm

Member: \$270

Non Member: \$337.50

The Best 3 Ways To Avoid Injuries On The Tennis Court

Tennis is the hardest sport on earth.

It's true. The matches go on forever and force athletes to scrape the bottom of the stamina barrel just to stay alive. And because the matches go on forever, it stands to reason that practice time is longer than other sports.

Every time I interview NSWC members about tennis, either adults or kids, the same common messages pop up. The long hours of training, the difficult demands on endurance, and the repeated practice necessary to learn, absorb, and master different shots. But more common than any of those messages? Injuries. Tennis players get injured a lot. Adults, kids, big kids, young adults - it doesn't matter. Tennis players are subject to so many repeated motions that it's not uncommon to aggravate small issues.

So how can we avoid these injuries? Unlike other sports tennis players can't just coast around the ice or take it easy. Nope, if you want to hit the ball properly, you need to exert yourself.

1. Stretch Until You're Done

Story time! In university I had a professor for a children's movement class who believed in learning above handing out grades. So as you can imagine, she was my favourite. One day I remember asking about how long you should stretch each muscle. The answer? Until you're done.

Stretching like this might take longer, and it might be tricky for a kid to know when she or he is sufficiently stretched out, but it's a valuable lesson.

2. Pay Close Attention To Discomfort

Every sport has an element of machismo involved, and I'll be the first to admit I'm guilty of hollering at my 8 year - old spring hockey kids to get up when they stay down on the ice after a collision.

Well, I'm not going to stop, but nagging discomfort should be noted and dealt with accordingly, particularly when it comes to the key joints used in tennis like shoulders, elbows, wrists, knees, ankles - pretty much everything. Don't ignore pain.

3. Hit The Gym!

I have another confession to make: I played hockey last night. Like, real hockey, with some UBC alumni and a handful of our current players. It was super fun but definitely reminded me of muscles that have long laid dormant. I felt comfortable, but I was keenly aware that at any moment my hamstring could snap and come flying out of the back of my leg in an instant.

But that's just in my mind. If we want to avoid injury on the court, the ice, or in the pool, the best way to do it is to build up the muscles involved in the key movements of our sport. For tennis players, even youth tennis players, there are a million ways to get stronger in the areas that count the most.

And sure, building up stamina and endurance helps as well, but most youth tennis players won't injure their cardiovascular system if they work too hard. Adults on the other hand? Sure, it's more of a risk.

The bottom line is that tennis is a sport in which you're rewarded with your investment. You get what you give. So get in the gym, stretch it out until you're ready, and don't ignore ongoing discomfort.



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